

Marion Scripts

Keeping Marion County residents informed on today's health issues

Aug. 21, 2014



Adults need vaccines too!

There are many things we want to pass on to our loved ones. Illness is not one of them.

You want to pass on family traditions, a grandmother's quilt or dad's love of books—but no one wants to pass on a serious illness. Take charge of your health and help protect those around you by asking about vaccines at the next visit to your health care provider.

Vaccinating our children is commonplace in the U.S. But few adults know they need vaccines other than flu vaccine, and even fewer are fully vaccinated. Are you one of the millions of adults not aware of the vaccines you need?

Each year, tens of thousands of adults needlessly suffer, are hospitalized, and even die as a result of diseases that could be prevented by vaccines. However, a recent [Centers for Disease Control and Prevention](#) survey showed that most U.S. adults are not even aware that they need vaccines throughout their lives to protect against diseases like pertussis, hepatitis, shingles and pneumococcal disease.

Not only can vaccine-preventable diseases make you very sick, but if you get sick, you may risk spreading certain diseases to others. That's a risk most of us do not want to take. Infants, older adults and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to infectious diseases. They are also more likely to have severe illness and complications if they do get sick. You can help protect your health and the health of your loved ones by getting your recommended vaccines.



Calendar

Aug. 23

- Ready To Read Zero to Three Baby Expo at Ocala Library

Aug. 27

- WIC Breastfeeding class

Aug. 28

- Generation Fit meeting at Munroe Regional

Sept. 1

- Health department closed for Labor Day

Sept. 3

- Children's Alliance meeting at Sheriff's Office

The good news is that getting vaccinated is easier than you think. Adults can get vaccines at doctors' offices, pharmacies, workplaces, health clinics and health departments. Visit vaccine.healthmap.org to help find a vaccine provider near you. Most health insurance plans cover the cost of recommended vaccines—a call to your insurance provider can give you the details.

Not sure what vaccines you may need? The CDC offers a short quiz at www.cdc.gov/vaccines/adultquiz to help you find out which vaccines are recommended for you. All adults should get an annual flu vaccine to protect against seasonal flu and the Tdap vaccine to protect against tetanus, diphtheria and pertussis. You may also need other vaccines based on your age, health conditions, occupation and other factors. If you are planning to travel outside of the U.S., check on any additional vaccines you may need. Some travel-related vaccines are part of a series or are needed months prior to your travel to be most effective, so be sure to plan ahead.

The Florida Department of Health in Marion County offers vaccines for adults as well as children. Fees are charged for adult immunizations, and not all vaccines may be available, so call the Immunizations Clinic at 352-629-0137, ext. 2017 for details.

For more information about adult vaccines, visit:
www.cdc.gov/vaccines/adults.

Centers for Disease Control and Prevention



Chickenpox can be serious

Vaccination can protect yourself and your child from this contagious disease

Most children with chickenpox completely recover. But it can be serious, even deadly, for babies, adolescents, adults, and people with weakened immune systems. Get vaccinated if you are not protected against chickenpox.

Chickenpox is a very contagious disease. You or your child may be at risk if you have never had chickenpox or have never been vaccinated. Chickenpox causes a blister-like rash, itching, tiredness, and fever. This can make you feel very sick and uncomfortable, and cause you to miss a week of school or work.

Classic chickenpox symptoms are:

- Red, itchy rash that usually starts on the face, chest, and back then spreads to the rest of the body
- Fluid-filled blisters, resulting from the rash, that break and crust over

Before there was a vaccine, chickenpox was common in the U.S. Each year, about 4 million people got chickenpox. Between 10,500 and 13,000 people were hospitalized, and 100 to 150 people died because of chickenpox.

Most people who had severe chickenpox were healthy beforehand.

Chickenpox vaccine: Your best protection

Chickenpox vaccine is the best way to protect yourself and your child from chickenpox.

The [Centers for Disease Control and Prevention](#) recommends:

- Children get the first dose of chickenpox vaccine at 12 through 15 months old and the second dose at age 4 through 6 years.
- People 13 years of age and older who are not immune (protected) to chickenpox or have never had the disease should get two doses of chickenpox vaccine at least 28 days apart.

If you or your child only got one dose in the past, check with your health care provider about getting a second dose.

Two doses of chickenpox vaccine are very effective at preventing severe disease, complications, and death. Although

(Continued on page 3)

Need Info? Call 352-629-0137

Birth & Death Certificates ext. 2064
Communicable Diseases ext. 2088
Dental Clinic 352-622-2664
Environmental Health ext. 2086

Family Planning ext. 2091
Health Education ext. 2195
Healthy Start ext. 2275
HIV/AIDS ext. 2073
Immunizations ext. 2017

Maternity ext. 2089
School Health ext. 2043
Sexually Transmitted Diseases ext. 2073
WIC & Nutrition ext. 2124

Chickenpox *(Continued from page 2)*

rare, you can still get chickenpox if you have been vaccinated, but the symptoms are usually not as severe. This means you will have fewer blisters, little or no fever, and will recover more quickly. Chickenpox vaccine is safer than getting the disease. Make sure you and your children are protected.

Also, when you get vaccinated, you protect others in your community. This is especially important for people who cannot get vaccinated. Some people who cannot get the chickenpox vaccine include pregnant women and those with weakened immune systems. [Learn more about who should not get chickenpox vaccine.](#)

Paying for chickenpox vaccine

Most health insurance plans cover the cost of vaccines. However, you may want to check with your insurance provider before going to the doctor. [Learn how to pay for vaccines.](#)

If you don't have health insurance or if your insurance does not cover vaccines for your child, the [Vaccines for Children](#) program may be able to help. This program helps families of eligible children who might not otherwise have access to vaccines. To learn more about the program, call the Immunization Clinic at 629-0137, ext. 2017.

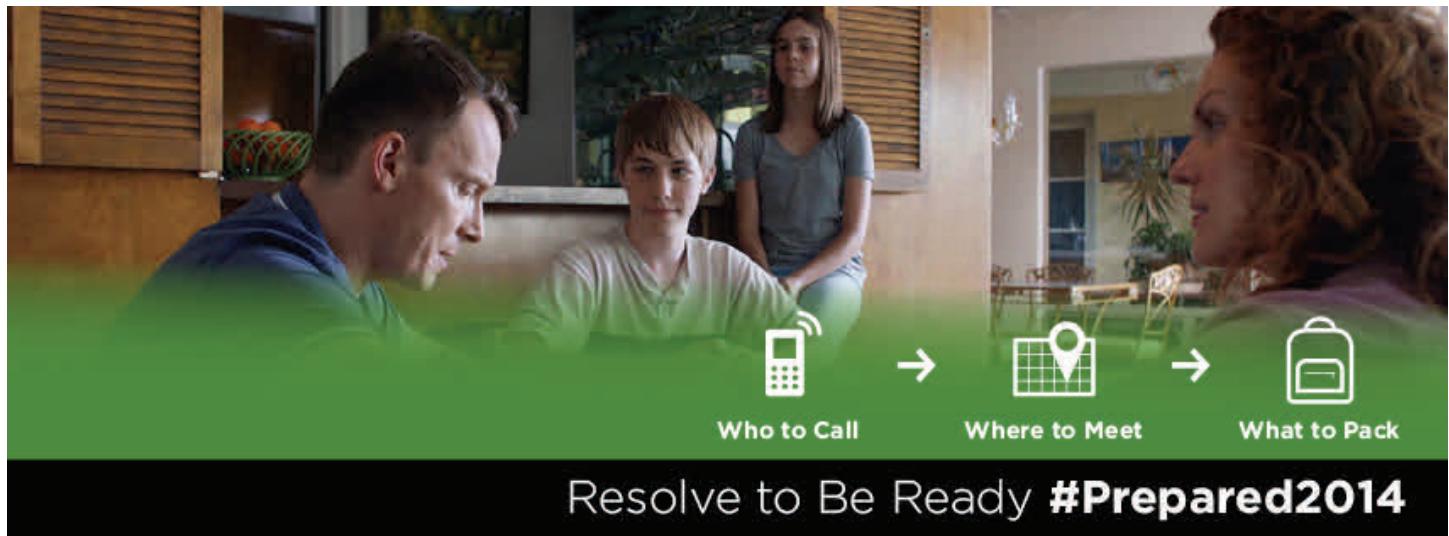
If you have any questions about chickenpox or the vaccine, talk with your health care provider.

Centers for Disease Control and Prevention

Chickenpox can be severe

Chickenpox can be severe for babies, adolescents, adults, pregnant women, and people with weakened immune systems. It can cause:

- Dehydration
- Pneumonia
- Bleeding problems
- Brain infection or inflammation
- Bacterial infections of the skin and soft tissues in children including Group A streptococcal infections
- Blood stream infections (sepsis)
- Toxic shock syndrome
- Bone infections
- Joint infections
- Death



The image is a composite of three photographs. The first shows a man and two children (a boy and a girl) looking at a map or document together. The second shows a woman from the side, looking towards the right, with a backpack slung over her shoulder. The third shows a woman holding a cell phone with a signal icon above it. Below these images is a green bar with white text and icons. The text reads "Who to Call" next to a phone icon, "Where to Meet" next to a location pin icon, and "What to Pack" next to a backpack icon. At the bottom of the image is a black bar with the text "Resolve to Be Ready #Prepared2014".

Connect with the Florida Department of Health online